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# SCARED PEOPLE SCARE THE SHIT OUT OF ME And How To Never Have Fear Again

EPISODE #76 of a Daily Dose of Greatness Quest with Trevor Crane

## DAILY QUOTES

“You can run, or you can RISE.” -[Trevor Crane](#)

“Fear is not real. Fear is a choice.” -Will Smith

“Life is too short to let fear make big decisions for you.” -[Trevor Crane](#)

## DAILY QUESTION & CHALLENGE

What are you scared of? Where does your biggest fear lie? **Face your fear.**

**If you can't face your fear today. Then take one action TODAY that commits you to facing that fear as soon as possible.**

God placed the best things in life on the other side of terror.

On the other side of your maximum fear are all of the best things in life.

If you don't believe that yet, then it's time for you look in the mirror and face those fears... and make them your bitch.

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## SUMMARY

Today, I talk about **how scared people scare the shit out of me.**

I share some insights about how to never have fear again - *or how you can overcome your fears as fast as possible.*

**PLUS:** I talk about how to deal with the people around you who operate from a place of fear. (Hint - get the fuck away from them.)

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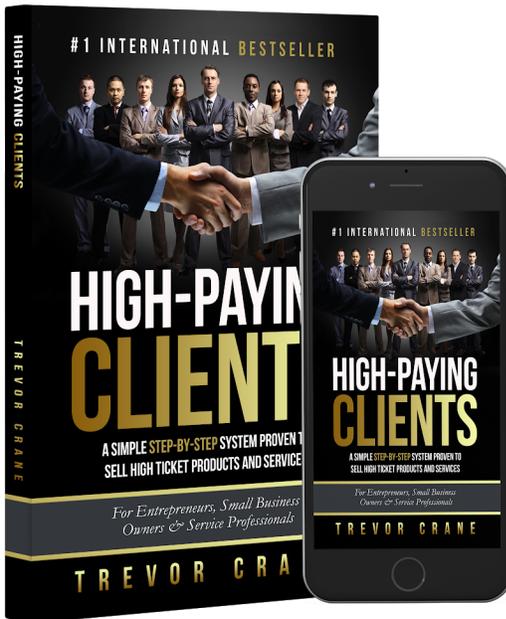
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## ABOUT TREVOR CRANE

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## TRANSCRIPT

**Scared people scare the shit out of me.**

That's the subject for today is **how do you deal with scared people? How do you deal with your own fear? How do you overcome your fears so that they never mess with you again?** That's the subject for today.

(INTRO - AUDIO)

Here's what I want you to get out of today's show is how to never have fear again. Or if you have fear how you can overcome it as fast as possible. And also a really important one of how to deal with other people who are around you, who are operating from a place of fear.

Because recently my wife and I, and my daughter and our little four month old son decided to take a trip from Florida to New York. And it drove me insane because I had to deal with some people. And I'm going to try not to name names here that were scared to death. And these people were so scared that it made it awkward and uncomfortable. And just was, it's really made it an awkward experience. made an awkward experience to plan our trip and made it an awkward experience to communicate with them and schedule what we were going to do and where we're going to go and how things are going to work. And it really just pissed me off and reminded me of how badly I get scared of scared people.

Like if I see somebody driving down the road. And I'm sure you've seen this, I'm sure you've been with people who are scared of drivers. They white knuckle it and they move. They sit really close to the steering wheel. And they're anxiously looking around themselves. I remember when I was a teenager in one of I've maybe been 14, 15 years old. And I was sitting in a car with one of my friends and her mom was driving the car in something was just confusing. Like I couldn't figure out what was wrong. But we she was a white knuckle scary type of driver, which was always scary for me. But I remembered it was odd because I almost started getting motion sickness like I started to sway forward then sway back. Sway forward, sway back. Sway forward, sway back. And I was like, What the is going on. And I looked around and I was trying to figure out what why was I swing forward and back. My friend's mom had one foot on the gas, one foot on the brake

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and was constantly writing one or the other one or the other one or the other. And she was one of the most scary drivers I've ever been with. If you've ever seen a scary driver on the road, I'm more scared of the person who is speaking, erred in traffic, I will pull the over and just wait for them to go beyond me. Or I will accelerate as fast as possible to get past them because they're frickin dangerous.

Because people who are making decisions based in fear, you have no idea what decisions they're going to make. Because it's not based on reality. It's not based on logic, not based on a reactive reaction of what would they would they should consider what the best choices and whatnot? No, no, they're making a decision based on fight or flight. And oftentimes Just think about it for yourself. Like how dangerous this is when you make decisions based in fear.

So let's think about it. Let's say you have a big decision to make an important decision, maybe one that could affect the rest of your life. And this can be about something that seemingly small, whether or not you should go talk to the girl whether or not you should apply for the job, whether or not you should start that new business. And we can be little these things and and not see them as an important decision. Make it out as important as they are.

But you're facing an important decision. Maybe you think it's a big decision. And maybe you think it's a small decision. But you have two places you can come from. And I just want you to imagine this for a moment. One time you're facing this decision, and you are basing the decision based on fear. You're not sure. You're a little scared. You're nervous. You don't know if it should be right. You don't know what's going to be wrong. But you need to make it so you make a decision.

Now, here's my question for you. What are the odds you made the right decision when you're making the decision based in a state of fear versus the second situation, you're facing this situation? You're very concerned, you're not sure if you should go right. You know, sure. If you're you left, you're not sure. And you're facing it. And you are making it from a sense and a state of absolute total confidence and certainty. Same situation, same decision to make but one you're basing it in fear and you're standing there in a state of fear and one you're standing there in a state of absolute total confidence and certainty. Which state or you're more likely to make the right decision, are you more likely to make the right decision when you're basing it in fear? And I don't

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know what I'm going to make a decision or you making it from a state of absolute total certainty, not that you know what the right choices but that you are confident and certain in yourself and that you are guided, and you know, the one way or another you're going to make the right choice, which one are you going to make the better choice.

And so my question for you today is where in your life are you currently making decisions that are based in fear? Because we're all making them, you know, I was scared before I jumped out of a plane. But on the other side of fear, we have freedom. On the other side of fear, you have oftentimes the greatest joys in life.

When I was scared as a junior high student and I had this long hair mullet. Then I did completely disgusting, and I'm standing on one side of the gym. And we had a college dance or college kids high school dance, Junior High dance and all the girls were one side and all the guys are on the other. And I had to walk across that vast void to potentially be laughed at, or made fun of by my own guy friends with the chips on the other side. It was a scary thing to do. But the joy that I had on the other side was I got to dance with the girl and kiss the pretty girl. But we get scared. We get scared all the time.

When I was in football, and I was scared. I was like one of the smallest guys on the team. And it was scared to tackle the biggest dude on the other side. When I just faced my fear. On the other side. I tackled that. And it wasn't ever as bad as I thought it was going to be.

When I was traveling for the first time. And I was on my own. And I was 20 years old and I was traveling around the world. I was scared to buy that plane ticket. I was scared to get on an airplane. I was scared to get the passport. I was scared to go, who would I Where would I go? Who would I see when I was scared to death. But yet, what I found on the other side was the ultimate freedom that I was never going to be alone because I actually was never and never really felt alone. When they traveled alone. That the biggest fear I had was what came before when I actually was on my trip. I all I had was fun.

When I was snorkeling for the first time and I was out on this reef all by myself. And it was in Fiji and I was still at 20 year old and I saw this shark Oh my God, I saw this little shark and I was scared to death. And I used to come when I came home after that trip. And I used to tell the story to chicks and bars to try to make them think I was cool

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that I was out snorkeling off the coast of Fiji and I used to tell the story about this time that I saw this shark I came to find out when I became a scuba instructor and started doing this thing that the shark that I was scared of was like a little puppy.

Like I was telling the story like it would have been it would have been difficult for me to catch this. If I had caught the shark and tried to hurt myself with him. I would have had to jam my finger down its throat and move my finger back and forth on it a lot to even cut myself but I for a while I was scared I was scared. petrified of this fear. See, fear is not real.

I want to share with you a quote that I got from then from from Will Smith. I love it in the movie that he put out with this son. I'm going to share that with you here. Hold on, listen to this:

*Fear is not real. The only place that fear can exist is in our thoughts of the future. It is a product of our imagination causing us to fear things that do not at present and may not ever exist. That is near insanity. Do not misunderstand me. Danger is very real but fear is a choice.*

So that's from the movie After Earth with Will and Jaden Smith and I love that movie. I love that quote. I love the lessons from that movie. And I want to give you the daily quote of the day ominous can be a Will Smith quote. You just heard it. ***"Fear is not real. Fear is a choice."***

And now I have a challenge for you. I want you to look at your own life and think of where is the fear. That's the first thing you got to do. Where are you currently making decisions that they are based in fear, where's the fear for you?

Then my challenge for you is to face it I want you to if you can't face it today, then I want you to make take one action today that commits you to facing that fear and moving you forward so that you can get through it. If you want to never have fear again. I highly advise that you just as you find your fears choose to face them. You're going to find so much freedom and so much joy God places the best things in life on the other side of your fear on the other side of your terror. On the other side of your maximum fear are all of the best things in life and if you don't believe that yet, then it is time for you to look in the mirror and face those fears and then make them your bitch.

That's all I have for you today. Oh and by the way if you find scared people that

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you have to deal with in your life, get frickin move away from them. You know, if you if they're on the road, move away from them. If you've got friends and family and people that are around you that are making decisions based in fear, it is contagious. Fear is contagious. You need to move away from that. And you can still love them. You can still honor them. But you need to do you need to go ahead and extricate yourself from that situation so that they are nowhere around the day can't hurt you.

**So, that's all I got for you today. I can't wait to see you tomorrow on another daily dose of greatness quest.**

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